

Shrimp Casserole

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-shrimp-casserole-recipe>

Ingredients:

- 1/2 medium onion
- 1 hot pepper
- 1/8 yellow bell pepper
- 1 green pepper
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves minced
- 1 pound shrimp small, peeled & deveined
- 4 teaspoons butter
- 1/2 cup tomato puree
- black pepper
- salt
- 1/2 cup cheese grated kasar, or mozzarella
- 2 bread slices toasted, optional

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 195 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 28 grams
7. SaturatedFat: 6 grams
8. Sodium: 610 milligrams
9. Sugar: 3 grams

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